



# Heritage Center

## November/December 2014



A Recreation Center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center  
#10 E. 6150 S.  
Murray UT 84107  
**801-264-2635**  
heritage@murray.utah.gov  
www.murray.utah.gov

### Services Offered

Arts & Crafts



Cultural Programs



Education



Exercise



Health Services



Information &  
Referral



Lunch Program



Recreation



Socialization



Transportation



Travel



Volunteer  
Opportunities



### Veterans Brunch

Monday, November 10—11:15-12:30

Veterans—Free, \$5 all others

Advance Tickets Needed

Thanksgiving Celebration  
Wednesday November 19—11:00  
Entertainment and Turkey—\$6  
Advance Tickets Needed



Winter Boutique  
Friday, December 5  
10:00-3:00

Prime Rib Lunch—\$7  
Advance Table Reservations  
See article on page 11



New Year's Eve  
Party

Wednesday,  
December 31—10:00

Featuring "Moods & Music"

Cost—\$6

Advance Ticket Needed

See article on page 11

## Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication. Rates based on a one issue insert: \$200 full page, \$250 back page, \$100 half page, \$50 1/4 page, \$25 1/8 page. Multi-issue discounts are available. Call or email the Center Director for more information. 801-284-4237 sgregory@murray.utah.gov

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center. Personal notices for participants are charged the rate of 50¢ per line per issue.

## Newsletter—Notary—Gift Certificates—Credit Cards

This **Newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant card and have provided an email address, available to pick up at the Center, online at [www.murray.utah.gov](http://www.murray.utah.gov) or mailed to your home with an \$18 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$.75 per issue.

Susan Gregory, Heritage Director, is a **Notary** and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged.

The Center accepts all major **Credit Cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person.

**Gift Certificates are available for Center Programs. If family or friends need gift ideas, tell them about Center gift certificates!**

## Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need.

## Murray City Administration & Heritage Staff

Mayor — Ted Eyre

Public Services Director— Doug Hill

City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

### Heritage Staff

Director — Susan H. Gregory

Program Coordinators — Maureen Gallagher & Wayne Oberg

Secretary — April Callaway

Receptionist — Mary Hall

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Meals Asst. — Charlotte Johnson

Dishwasher — Eric Fredrickson

Custodian — Don Smith

Vehicle Driver — Robert Himes & Lee Crosby

Building Attendant — Pete Wright

### Heritage Advisory Board

Judy Baxendale, Brenda Clausen, Charlotte Cox, Kathy Houston, Jenny Martin, Erich Mille, Greg Waldron, Pete Wright, Rod Young

## Scholarship Program

In an effort to enable all senior adults access to Center programs, activities, and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The scholarship provides \$70 per month to an individual to help pay for Center activities. The program is made possible by donations. In order to be eligible you must prove a financial need and meet certain criteria. Applications are available at the front desk or see the Center Director.

## Poetry Time Continues

A new Poetry Time class starts on **Thursday, October 30 at 7:00 PM** and runs through **Thursday, December 11**. The first six-week session was a great success! Have you ever wanted to learn how to write poetry, better understand poetry, or just have some fun with words? This is the class for you. Bob Bader who has been writing poetry for the last 20 years and a member of the UTSPS Society is passionate about poetry and wants to share his skills with you. This is a free class, sign up now.

## Gadget & Computer Help available

The computer lab has 6 personal computers running Microsoft Windows 7 and one with Windows 8. Computers are available any time a group class is not being held. The Center also has an iPad for checkout to use while at the Center if you'd like to try out a tablet. There is no charge to use the computers but printing is 5¢ per page and users must sign-in and list the computer they are using.



Currently private help is available for one hour and the cost is \$3. A one day cancellation notice is needed for a refund. Instructors can help with phones, readers, tablets, computers. See the front desk for a schedule of times and instructors. Group classes are scheduled if interest is shown. Sign up on the interest sheet for the topic of your choice at the front desk.

## Winter Clothing Drive

Bob Millard has agreed to take used or new winter clothing (coats, hats, blankets, sweaters, gloves, etc.) to the overflow homeless shelter in Midvale. Place your items in the box in the lobby anytime between November 17-December 31.

The Center has also partnered with a High School group working on filling backpacks for homeless students. We are responsible for collecting **new** socks, gloves, and scarfs for 50 backpacks. If you can donate, give these items to the front desk.

We are also continuing to donate hats made by willing volunteers. Yarn and hats are accepted all year long. Thank you for your donations!

## Vital Aging—November & December

**Tuesday, November 25 at 10:30** we will present a new wellness class called: **“Enjoying the Holidays: Learning to cope with the demands and changes related to the holidays.”** The holiday can be a challenging time of year as we are faced with the demands of shopping, parties, decorating and family reunions or missed loved ones. Learn ways to manage and cope more effectively through planning this joyous yet often hectic time of year. In addition to teaching this class, Tifani of the Vital Aging Project will be at the Center at 10:00 just before this 10:30 class if anyone would like to visit with her regarding any problems or issues you may be having in you life. This is a free class, sign up now.

On **Tuesday, December 23 at 10:30** our wellness class will be: **"Mindfulness and Relaxation Techniques."** Mindfulness is paying attention in a non-judgmental way to the present moments we often ignore. Learn how to practice mindfulness as a way to reduce stress and promote wellness in you life. Even if you already practice meditation learning these techniques can help you create, expand, or reinforce insight. If you are ready to listen to your voice and breath and use your wisdom and vitality, this class is for you. As always, Tifani will be at the Center at 10:00 to meet with anyone needing one-on-one help. This is a free class, sign up now.

## Need help paying for Medicare?

If you have limited income and assets, you may qualify for help paying for your Medicare Part B premium and other Medicare costs. Medicare and your state Medicaid program work together to provide you with this help. This help is called the “Medicare Savings Programs.” There are four different programs. Each program has a different income and resource eligibility limit. Even if you do not qualify for Medicaid, you may qualify for one of these programs to help cover Medicare costs. If your income is less than \$1,313 for individuals and \$1,765 for couples and your resources are \$7,080 for individuals and \$10,620 for couples, you may qualify for a program available to help with Medicare costs. The online questionnaire at [BenefitsCheckUp.org](https://www.benefitscheckup.org) can help you find out if you qualify. This free online tool is made possible by NCOA.

## Chakra Meditation

Chakra Mediation with Barbara Bat-tison, Massage Therapist, Energy Body Worker, and Reiki Master, will continue at **10:30** every **Monday through November 24**. The cost is \$3 per class. Barbara will present in-depth information about how Chakras and Meditation works. She will have handouts each week to help you gain an understanding in the working of your Chakras. She will begin with some education and then use the meditation portion of the class to activate the Chakras.

## Dichroic Art Class

The Center is offering a jewelry art class on **Tuesday, November 4 at 1:00**. The cost of the class is **\$20** which includes all supplies. Space is limited to 8 participants. Sign up now. Dichroic Glass is one of the most exciting materials being used today. Connie Wilcox will be teaching this class. Using pre-cut glass you will make a layered glass pendant from start to finish. Connie will then take your art piece home and fire it in her kiln to complete the process. She will return them to the Center within a week.

## Freezer Meal Class

On **Monday, November 17** from **12:30-2:30**, Calli will be teaching an interactive class on freezer meals. You will work with Calli to prepare 4 take home meals for your freezer. A handout with the recipes and instructions is included. The cost is \$10. Sign up today. Class is limited to 10 students.

## "Look What I Made" - Holiday Crafts

NOVEMBER – "Tommie" is waiting to grace your door. Approximately 9" x 9". **Monday, November 3, 1:00.**



DECEMBER – "Baby Jesus" is an ornament for your Christmas tree. Approximately 5" x 5". **Tuesday, December 9, 1:00.**



You'll be able to finish each project and take it home the day of class. Cost is \$5 – which includes all supplies. We ask that you pre-register so we have sufficient supplies!

## New Spanish Class

A six-week conversational Spanish class for anyone wanting to improve their Spanish skills begins **Friday, November 7 at 10:00-12:00** and will run through **Friday, December 19**. Cost of the class is \$25 in addition you will need a course book, which you can purchase at the front desk for \$12 when you register. New and advanced students are welcome. We are surrounded by Spanish speaking people; learning basic Spanish skills may help you communicate better with your neighbors, merchants, or when travelling. Mercedes Perez, our Spanish teacher, is an experienced instructor who will help you build and improve your skills. Sign up now.

## Aging in Place

On **Wednesday, November 12 at 10:30**, Kristine Barrios OTS, a graduate student in the Occupational Therapy program at the University of Utah will present this class on Aging in Place. Discuss what it means to "Age in Place" and learn how to remain independent and stay in your home if your health and family situation changes as you age. Community resources and safety tips will be discussed. This class is free, sign up now.

## Dehydration Information

On **Friday, November 14 at 10:00** Dr. Keith Stevens, OMDLAc, will join us for a presentation on **"The Hidden Cost of Dehydration."** Feeling out of sorts but don't know why? Do you have alterations in mood, impaired memory, trouble concentrating, fatigue, headaches, or unexplained anxiety? This class will help you understand the importance of proper hydration. This is a free class, sign up now.

## AARP Smart Driving Class—Nov. 24 or Dec. 15

The AARP Smart Driving Class will be held **Monday, November 24** or **December 15** from **9:30-2:00**. Sign up at the front desk. The cost is \$15 for AARP members and \$20 for everyone else. The instructor will collect the fee at the start of the class. You make your check out to AARP. Bring your AARP membership card and valid driver's license. Check with your insurance company to see if they offer a discount for attending this class.



## Birds of Prey Presentations

The Center is pleased to announce a new presentation by Judy Calhoun from the Center for Environmental Education & Non-releasable Raptors on **Tuesday, November 18 at 10:30**. This program will include: How raptors (birds of prey) are different from other birds: hooked beak, super-duper eyesight, talons. Why raptors are known as nature's environmental "barometers" (or the importance of raptors.) Judy will introduce Glorious Aureus, the LIVE, male, non-releasable Golden Eagle and explain why she is allowed to be his caregiver. This is a free class, sign up now.

## Senior Learning Network — Learning never stops

Through the wonders of technology (video conferencing), the Center will participate in some special interactive presentations from around the country. The Center has signed up for a program in November and December. Join us on **Thursday, November 20 at 10:30** for a special program from Nebraska called "Follow the Buffalo." The Homestead National Monument of America will provide the program through the distance learning program and the Senior Learning network. Examine the use of land for survival and the importance of the buffalo to the Plains Indians. Learn about the many ways the Indians utilized the buffalo in this special presentation. Come ready to interact and discuss with the presenter from Nebraska via the internet.

On **Thursday, December 11 at 10:30** travel to Alaska for a presentation called "The Wilds of Glacier Bay." Park Rangers will bring Glacier Bay directly to the Heritage Center. During the program, participants will be interacting with the ranger, answering and asking questions. Learn a little about this amazing National Park and the vast state of Alaska. These are free presentations. Sign up now to ensure we have enough interest.

## Bereavement Support Group

The Bereavement Support Group will continue at the Center on a monthly basis. Facilitated by licensed counselors and community educators this support group will meet **Tuesday, November 18 at 12:30** and **Tuesday, December 16 at 12:30**. This group is intended to assist those individuals and families who have lost a loved one recently or in the recent past. On occasion, there may be someone who has lost a loved one some time ago but is still grieving and feeling a need for further assistance. Through the group, we hope to create an atmosphere of trust and support in helping participants realize a sense of relief. Although you may not have suffered the loss of a loved one, you may be experiencing a loss of health, friendship, support, ability or mobility. Our hope is that this support group will assist everyone in understanding the process of loss and the discovery of support in guiding you to a healthier lifestyle. Serenity Funeral Home is sponsoring these classes. This is a free class sign up now.

## Navigating the Medicare Website

On **Friday, November 21 at 10:30**, Deb Scott from the Salt Lake Aging County (SHIP Program) will be at the Center to help you learn how to navigate the Medicare Website. Open Enrollment for Medicare Part D and Medicare Advantage Plans ends December 7. Many aspects of the plans change each year, it is recommended that you check your plan to ensure the medications you are taking are included in the upcoming year's plan. This class will be held in the computer room; but no advanced computer skills are needed. There will be representatives available to assist you with the process. This is a great opportunity to learn how to navigate the Medicare website and get assistance checking out your plan. In order to do a personalized search on the Medicare.gov Plan Finder, please remember to bring with you a complete list of medications including strength and dosages and your Medicare card. This is a free class sign up now.

## Games at Taylorsville Senior Center

The Taylorsville Senior Center located at 4743 S. Plymouth View Dr. (1650 W.) has invited Heritage participants to a game day on **Thursday, November 13** from **12:00-4:00** to enjoy darts, pool, Wii bowling, board games, and minute to win it games. All senior centers are invited, snacks will be provided and no sign up is required. Just show up ready to have some fun and play some of your favorite games. Call 801-293-8340 for questions.

## Volunteer of the Month—Concha

Congratulations and thank you to Concepcion Shigihara. You know her as “Concha” and she volunteers with our meal program. She was born on Sept 26, 1938 in Guadalupe, Mexico. After a visit to Utah in 1960 she returned to Mexico to prepare the papers to make a permanent move to Salt Lake City. She married her first husband in 1961 and they owned The Little Poncho Mexican Food factory until their divorce in 1979. She has one daughter, 2 beautiful grandchildren, and 3 great-grandchildren. She married her husband Takeo in 1983 and has been taking care of him since he fell ill in 2012.



She started coming to the Heritage Center in 2007 to play bingo and enjoy the meals. She saw a need for help in the kitchen and asked if she could volunteer. With experience in food service from her previous business as well as her church, she was skilled. She volunteered for about a year before taking a break to nurse a back injury but came back ready to serve. She serves lunch every Wednesday and Friday as well as making herself available for holiday events. She is invaluable to the running of the kitchen.

She enjoys the people at the Center and the way she is treated. She enjoys playing bingo and having some time with the people at the Center as a break from the weights of life. Concha will be honored on Wed., Dec. 3 at 12:15.

## Volunteers Needed

The Heritage Center utilizes the help of over 80 volunteers on a regular basis. Thank you volunteers! Volunteers work in just about every facet of Center operations from answering phones to calling bingo to teaching classes. We love our volunteers! If you would like to join our volunteer force, see any staff member to set up an appointment for a short volunteer interview. During the interview, we can find out what your interests are and let you know where we are looking for volunteers. We will try to match you up with interest, skills and needs. We are currently looking for volunteers in some of the following areas:



**Kitchen**—run automatic dishwashers on Thursdays from 12:00-2:00 p.m. See Calli.

**Front Desk**—assist by greeting people, answering phones and working on special projects. See April.

**Bingo Caller**—call bingo on Wednesday or Friday from 12:45-2:00. See Wayne.

**Mini Bus Driver**—in 2015 when the new vehicle arrives, drivers are needed for regular pick up to and from the Center as well as weekly trips. See Susan.

**First Lego League** — Saturday, January 10. See Wayne.

## Christmas Eve Bingo



The Center will close early on **Wednesday, December 24** (1:00) so no afternoon bingo will be played. Instead, we will play a shortened bingo at **10:00 AM** before lunch is served. Come

early and enjoy a few games of bingo before lunch on Christmas Eve. No reservations needed. The Center also closes early on Wednesday, December 31 so no afternoon bingo will be played. However, see the article on page 11 for information on our New Year's Eve celebration.

## The Center will be closed...

Tuesday, November 11

Thursday & Friday, November 27 & 28

Wednesday, December 24—close early at 1:00 PM

Thursday & Friday, December 25 & 26

Wednesday, December 31—close early at 3:00 PM

Thursday, January 1

## Massage Therapy

Massage Therapy continues on **Fridays** from **11:45-3:45**. Appointments are required and can be made up to four weeks ahead of time. The cost is \$9 for fifteen minutes, \$18 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be



made 24 hours in advance for a refund. Thelma L. Baker is a licensed massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you.

## Barber Shop is Open



The Center offers haircuts for men and women on **Tuesday** mornings from **9:00 to noon**. The cost of this service is \$8. Only haircuts and trims are being offered at this time. The barber is Jocelyn Anderson.

Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advance. Cancellations need to be made 24 hours in advance for a refund.

## Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, December 18 from 9:30 – 12:00** to provide toenail clippings and routine foot screenings. The **cost is \$10** and advance payment is required. Sign up now. *Dr. Shelton is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.*

## Medicare Counseling Available

At 12:00 noon on **Tuesday, November 18 at 12:00** and **Tuesday, December 16**, Vickie Nelson will be available at the Center for Medicare Counseling. As a SHIP counselor her job is to help clear up the confusion about where to apply for Medicare, help you understand your Medicare choices, and help you understand what to do if you have other insurance. Vickie is also available to help guide you through the Open Enrollment process beginning October 15 and ending on December 7. If you are new to Medicare, she can help you through the initial enrollment process. This is a free class. Sign up now. In addition, there are programs available, if you meet financial criteria, to help with the cost of your prescription drugs. Vickie or your local SHIP office can help you apply for these programs. If you need immediate assistance, your local Medicare counselors are a phone call away at 385-468-3200.

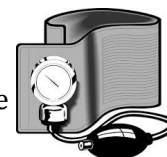
## Attorney Consultation

An attorney will be available for free 20 minute legal consultations on **Tuesday, November 18** or **Tuesday, December 9** from **11:00 -1:00**. Appointments are needed and are made at the front desk. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you.

## Blood Pressure

Blood pressure and glucose screening is offered on the following days: **Thursday, November 6, Friday, November 21, Thursday, December 4**. All screenings are from 11:00-12:00.

Thank you to Harmony Home Health and Salt Lake Community College nursing students for providing the service each month.

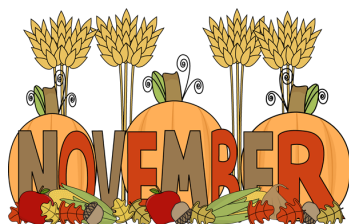


## Blood Testing

IHC Laboratories will offer Blood Testing on **Thursday, November 6** from 9:00-11:00, appointments are needed.

The cost is \$35 for a Lipid Profile, and Hemoglobin A-1C. For an extra \$15 you can include a Thyroid test. **Fasting is required.**

Appointments are needed and payment is made to IHC the day of the testing.



November  
2014

## Heritage Center Events

Heritage  
Center

#10 E. 6150 S.  
(West of State)  
801-264-2635

[www.murray.utah.gov](http://www.murray.utah.gov)

[heritage@murray.utah.gov](mailto:heritage@murray.utah.gov)

We are here to  
serve you

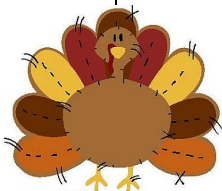
Monday-Friday

8:00-4:30 and

Thursday until  
10:00 PM

Monday	Tuesday
9:00 NIA 9:15 Computer Help 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie/Godzilla– Action/Sci-Fi 1:00 Holiday Craft: Tommie the Turkey 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:00 Exercise Help 12:45 Crafts 1:00 Dichroic Art Class/Computer Help 2:00 Beginning Line Dancing
9:00 NIA 10:30 Meditation 11:00 Bridge Lessons 11:15 Veteran's Day Celebration 12:30 Ladies Pool 1:00 Movie/Transcendence– Drama 2:00 Strength Conditioning	Center Closed
9:00 NIA 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 12:30 Freezer Meals 1:00 Movie/X-Men 2014– Action/Sci-Fi 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi / Birds of Prey Presentation 11:00 Canasta /Attorney 11:30-12:30 Lunch 12:00 Exercise Help / Medicare Counsel 12:30 Bereavement Group / 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing
9:00 NIA 9:30 AARP Smart Driving class 10:30 Meditation 11:00 Dance Lessons 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie/ Maleficent– Action 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 10:30 Vital Aging 11:00 Canasta 11:30-12:30 Lunch 12:00 Exercise Help 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing



Wednesday	Thursday	Friday
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch/ Birthday 12:30 Stepping On 12:45 Bingo 1:00 Bridge	5           8:30 Ceramics 9:00 Blood Testing 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:00 Blood Pressure/Glucose 11:30-12:30 Lunch 12:00 Exercise Help 12:30 Game Day 12:45 Happy Hats 1:00 Computer Help/Square Dancing 2:00 Strength Conditioning 7:00 Dance / Poetry	6           9:00 Zumba 10:00 Yoga 10:00 Spanish 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge 2:00 Veterans Stories
12           9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Aging in Place 11:00 Wheeler Farm Art Trip 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Stepping On / 12:45 Bingo 1:00 Bridge	13           8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:00 Exercise Help 12:30 Game Day 1:00 Square Dancing 2:00 Strength Conditioning 3:30 Jam Session 7:00 Dance / Ute RC / Poetry	14           9:00 Zumba 10:00 Yoga 10:00 Hydration Presentation 10:00 Spanish 11:00 Utah Museum of Nat. History 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
19           9:00 Painting 9:15 Pinochle 10:00 Yoga 11:00 Thanksgiving Celebration 11:15 Chair A'Robics 12:45 Bingo 1:00 Bridge	20           8:30 Ceramics 9:00 Stretch & Tone/Pickleball 9:30 Leonardo Body Worlds 10:30 Tai Chi / Senior Learning 11:30-12:30 Lunch 12:00 Exercise Help 12:30 Game Day / 12:45 Happy Hats 1:00 Square Dancing 2:00 Strength Conditioning 7:00 Dance / Poetry	21           9:00 Zumba 10:00 Yoga 10:00 Spanish 10:30 Basic Medicare Web Class 11:15 Chair A'Robics 11:00 Blood Pressure/Glucose 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
26           9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	27           Center Closed	28           Center Closed
	 <p>Happy Thanksgiving</p>	

## Billiard Room

Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located.

## Cards

### Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board.



### Bridge—Monday at 11:00, Wednesday & Friday at 1:00

Informal Bridge play (Chicago/Party) is held on Monday at 11:00 and Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room.

### Canasta—Tuesday 11:00-2:30

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

## Game Day

Make new friends and learn a new game every **Thursday at 12:30** in the card room. Volunteers will bring their favorite games, like dominos, Mexican Train and Rummikub and teach you how to play.

## Birthday Wednesday — November 5 & December 3



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, 100 this month — just tell the person collecting the money you've hit a decade and Happy Birthday!

## Bingo

Bingo is played every **Wednesday and Friday at 12:45**. Bingo is free (donations appreciated) and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. A special Thank You to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the 1st Friday of each month.

In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: \$1 for 1-3 cards played, \$2 for 4-6 cards played.

## Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday at 9:30** for all dancers and **Tuesday afternoon at 2:00** for beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

## Pickleball

**Pickleball** is the most exciting sport sweeping the country. Part tennis, part badminton, but loads of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game. Learn how to play Pickleball at the Center every **Thursday from 9:00-11:00** in the dining room.

Drop in play is every **Tuesday & Thursday from 8 am -12 pm and Fridays, 6 pm - 9 pm at the Park Center in Murray Park**. Play is free with a Park Center membership or you can purchase a punch pass for 6 visits at \$25. Leagues forming in January, call 801-264-2614 for information.

## Happy Hatters



The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday at 12:45** to play Hand & Foot. Upcoming meetings: **November 6 & 20 and December 4 & 18**.

## Veterans Day Brunch—\$5

The Center will feature a brunch honoring Veterans on **Monday, November 10 at 11:15. You may eat any time from 11:30 -12:30.** Advance registration is needed and Brunch is free for Veterans and \$5 for others. The Brunch menu: Biscuits & Gravy, Eggs Benedict, Hash Browns, Fresh Fruit, Bread Pudding, Milk/Juice/Coffee. The morning will start off at 11:15 with a flag ceremony by the Murray Police Department followed by Marlene Tillman singing the National Anthem. Pianist Brian Ballard will play background music from 11:30-12:30. We want to thank Serenity Funeral Home for sponsoring the Veterans for this event. For this activity, Veterans are identified as men and women who have served, are currently serving or are retired from the U.S. Military, National Guard, or Reserve.

## Thanksgiving Dinner—\$6

Join the Center on **Wednesday, November 19 at 11:00** to give thanks for all the good things in life. Enjoy Roast Turkey, Stuffing, Yams, Green Beans, Mashed Potatoes & Gravy, Roll & Butter, Pie and Cranberry Cocktail served at noon.

Entertainment begins at 11:00 with the **New Fiddlers**, a unique group of fun-loving musicians and entertainers who specialize in good old-fashioned down-home music.

All this is available for \$6. Tickets must be purchased in advance and are on sale now.

## Holiday Meal & Boutique—Friday, December 5 from 10:00-3:00

Our annual holiday boutique will be held on **Friday, December 5 from 10:00-3:00.** This year we have 13 artists selling handmade crafts. Come purchase a unique holiday or birthday gift from one of our vendors. This boutique is held only once a year and is open to the public. Invite family and friends to stop by and shop any time between 10:00-3:00.



Tickets for the Holiday meal held this same day will go on sale November 3 and the cost is \$7. Sign up early as reserved seating is limited for the meal. You can purchase one or all eight of the seats at your table, however, the meal is for participants 55 and over. Tickets are limited to one table (8) per person. Before the noon meal enjoy entertainment by the **Sisters** beginning at 10:15 followed by the **Mixed Nuts**. The buffet will include: Prime Rib, Chicken, Potato Gratin, Veggies, Tortellini Salad, Spinach Salad, Roll, Chocolate Cake, Cheese-cake, and Punch.

Handmade items are currently being requested for the Heritage Center's boutique table (new items, donate anytime). All proceeds from this table will benefit the Heritage Center and its programs.

## New Year's Countdown Celebration—\$6



Join us as we countdown the New Year early on **Wednesday, December 31.** Beginning at 10:00 am we will enjoy a special Brunch, play a couple games of bingo (with special holiday prizes), and end things with some great entertainment at 11:00 with **Moods N Music**, a unique group of fun-loving musicians and entertainers who specialize in music from the 40's and 50's. Following the entertainment we will toast the "New Year" with sparkling cider at Noon. Cost for this party is \$6 and includes Bingo, entertainment, party favors and brunch. Registration begins December 5. Party Hats & Prizes sponsored by **Jenkins-Soffe**.

**No afternoon bingo on December 31 as the Center will close early.**

### *New Year's Eve Brunch*

*Croissant Croque Monsieur*

*(Hot Ham & Cheese)*

*Berry Spinach Salad*

*Chorizo and Potato Hash*

*Caramel Pecan Cinnamon Rolls*

*Water, Coffee, Sangria*



## Ladies Pool



On **Mondays at 12:30** a small group of women meet in the pool room to play pool. They would like to extend an invitation to any women that would like to join the pool group, maybe you played in the past, would like to refresh your skills, or just come and meet some new people.

## Ceramics

The ceramic class operates on **Tuesday and Thursday from 8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student. The cost to participate is \$1.50 each time you attend plus supplies.

## Craft Day

A small group of students from past craft classes meet on **Tuesday afternoons as 12:45** to share their skills and knowledge and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share.

## Newsletters



Newsletters are available at the front desk (75¢ donation), online at [www.murray.utah.gov](http://www.murray.utah.gov), emailed to those who have an active participant card and have provided an email address, or a yearly subscription for \$18 can be purchased and the newsletter will be mailed to your home.

## Square Dancing



Kick up your heels with Square Dance caller Don Carlton on **Thursday afternoons from 1:00-3:00**. The cost is \$1.50 per day and is paid when you arrive. Beginners are welcome.



Pick up your 20% senior discount cards at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center all of the proceeds.

The Center has received \$1000 this year from the cards. Thank you Chuck-A-Rama and those who purchase the cards!



Every time you swipe your card at Smith's, the Heritage Center will earn money through the **Smith's Community Rewards Program**, IF, you link your rewards card to the Heritage Center. To enroll in the Community Rewards Program, go to **[smithsfoodanddrug.com](http://smithsfoodanddrug.com)** and register your card with the Heritage Center. You need a rewards card and email address to make this happen. Instruction sheets are available at the front desk.

## Monday Movies — Showtime is 1:00

Movie and popcorn are free



Nov. 3—Godzilla -2014-123 minutes-Action/Sci-Fi  
 Nov. 10—Transcendence-2014-119 minutes-Drama/Mystery  
 Nov. 17—X-Men: Days of Future Past-2014-131 minutes-Action  
 Nov. 24—Maleficent-2014-97 minutes-Action/Fantasy  
 Dec. 1—The Other Woman-2014-109 minutes-Comedy  
 Dec. 8—The Giver-2014-97 minutes-Drama/Sci-Fi  
 Dec. 15—Hercules-2014-98 minutes-Action  
 Dec. 22—Dawn of the Planet of the Apes-2014-130 minutes-Drama  
 Dec. 29—Guardians of the Galaxy-2014-121 minutes-Action



## Exercise every day...

### NIA

Monday 9:00-10:00

\$10 per month, punch pass, or \$3

### STRENGTH CONDITIONING

Monday & Thursday 2:00-3:00

\$15 per month, punch pass, or \$3

### STRETCH & TONE

Tuesday & Thursday 9:00-10:00

\$15 per month, punch pass, or \$3

### TAICHI

Tuesday & Thursday 10:30-11:30

\$15 per month, punch pass or \$3

**LINE DANCING**—\$1.50 per class

Tuesday 9:30-11:00—Everyone

Tuesday 2:00-3:00—Beginners

**CHAIR A-ROBICS**—Free

Wednesday & Friday 11:15-11:45

### YOGA

Wednesday & Friday 10:00-11:00

\$15 per month, punch pass, or \$3

### ZUMBA

Friday 9:00-10:00

\$10 per month, punch pass, or \$3

### **EXERCISE ROOM**

Open for use daily—\$5 per month or \$1 per visit. Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

**Total Fitness Pass**—\$30 per month—unlimited classes & use of the exercise room.

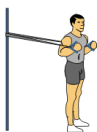
**The Exercise Room is FREE for those who have the Silver Sneaker program with their insurance provider. See the front desk.**

## U of U Exercise & Sports Volunteer Students

A group of U of U Exercise & Sports Students will be at the Center every **Tuesday & Thursday at 12:00-1:30**. The students can help you improve your fitness levels, increase your endurance, balance, and stretching abilities. This program has become one of our most popular classes as participants enjoy improving their fitness skills and their general knowledge about fitness. The students also offer one-

on-one-help, sign up for that service in the exercise room.

Recently the Center added an additional exercise to the exercise room with a wall mount for resistance band exercises. The Center would like to invite everyone to take advantage of this new equipment. The U of U students will be available on Tuesday and Thursday to demonstrate how



to incorporate the bands into your exercise routine.

Research has shown aerobic exercise to be beneficial in preventing and managing heart disease, improving brain health, helping to manage chronic health conditions, controlling weight and fighting obesity, enhancing strength and endurance for daily activities.

## Total Fitness Pass

**Total Fitness Pass**—for \$30, you can purchase a monthly total fitness pass that allows you to participate in any exercise class offered at the Heritage Center plus the exercise room for an entire month. This is a great option if you are attending at least two classes a month. See the front desk if you have questions about payment options for exercise classes.



Did you know the Exercise Room is FREE if your insurance offers the Silver Sneaker Fitness program? Give your Silver Sneaker card number to the front desk and use the room as much as you like! The Center is then reimbursed by your insurance company.



Did you know if you have the Select Health Advantage plan that your wellness reimbursement will pay for exercise classes at the Center? Just sign up and pay, keep your receipt and submit it to Select Health for reimbursement. They reimburse up to \$20 per month or \$240 per year for your health and wellness needs. So the Heritage Fitness pass would only cost \$10 per month after reimbursement. That's \$10 for any exercise class & the fitness room!

## Mason Jar Class

Join Calli on **Monday, December 1** from **12:30-2:30** in making Hot Cocoa Mason Jars. The cost is \$10. All supplies are included. These are a beautiful gift for neighbors and friends. Space is limited to 12 students so sign up soon.



## Night Club Two Step Lessons

The Center is offering a new Dance Lesson class on **Monday, November 24, at 11:00-12:00**. This dance class will include three sessions: Monday, November 24, December 1 & 8. Imagine yourself dancing the Two Step Basic Rhythm, Two Step Basic; Closed Position and Double Hand Hold, Outside Underarm Turn, & Opening Out Left and Right. Classes are for beginning level dancers – no prior experience required. You just need the desire to learn something new. Dance lessons will be taught by Kyle and Jackie Kidd from Bountiful, Utah. **Sign up is required for these classes. You must have a dance partner to participate.** These classes are free, sign up now.



## Healthy at Every Age

On **Monday, December 8 at 10:30** the Huntsman Cancer Institute will present a class about cancer and health for seniors. They will discuss such issues as: lowering your cancer risk, cancer screenings, avoid medical scams, find reliable health information, complementary and alternative medicine. You will be able to speak one-on-one with a cancer information specialist who can answer questions about cancer and other health topics. This is a free class sign up now.

## Annual Christmas Sing Along

**Friday, December 19 at 11:00**

Bring you voice or favorite instrument  
and join in the holiday spirit!

## Candy Making

On **Monday, December 8** from **12:30-2:30**, Calli will be teaching a candy making class. Join her in the kitchen to help prepare and package 5 different Holiday candies. These candies make excellent gifts or a special treat for your Holiday. The cost is \$10 and you will take home 5 bags of candy (pick up completed candy the next day) along with recipes and tips. Class size is limited to 10 students so sign up soon.

## Climbing The Peaks

On **Tuesday, December 9 at 10:30**, Carol Masheter will be returning to the Center to present a slide show about her climb of the Carstensz Pyramid in Papua Province, Indonesia. The biggest challenge of climbing Carstensz Pyramid is getting there. In Papua Province, corruption and warfare are common place. Stone-age tribes still kill each other with bows and arrows. Armed militias fighting for an independent Papua sometimes kidnap climbers. Avoiding these problems, the climbers still must hike several days through equatorial jungle and over very rugged terrain, often in knee-deep mud. Then climb 2,000 vertical feet of very steep limestone using ropes, often in freezing rain and snow. Some mountaineers consider this fearsome peak to be the “eight” of the Seven Summits, the highest peak in each “continent.” At 16,024 feet elevation, Carstensz Pyramid is the highest peak on the tectonic plate that includes Australia as well as Papua, a very large island north of Australia. Even with the difficulties of Carstensz Pyramid, the jungle surrounding it, and the local tribes who live there have a certain magic. This is a free class sign up now. Come and join Carol and share the magic. As you watch the slide show, you almost feel that you are right there with Carol and her team climbing, struggling, and rejoicing in her summit.



## Center Trips



## ...Travel with friends

**Wednesday Nov. 12-11:00**

**Wheeler Farm Art**

Travel with us to see artworks from our very own painting class on display at **Wheeler Farm**. The Heritage Center bus will leave **Wednesday, November 12 at 11:00** (you'll be back by 12:00 for lunch) to view these works of art. The cost of this excursion is **FREE** but you must register in advance. You can sign up now for this trip.

**Friday Nov. 14 - 11:00**

**Utah Museum Nat. History**

The Center bus will leave **Friday November 14 at 11:00** for the Utah Museum of Natural History. Cost for this trip is **\$15** and includes a sack lunch. Sign up for this trip now.

The Museum is hosting two great exhibits. ***The Horse*** explores the enduring bond between humans and horses. The exhibition includes cultural objects from around the world, a hand painted diorama depicting the evolution of the horse and interactive displays plus a peek inside a life-size moving horse. ***Utah Wilderness 50*** includes fifty compelling photographs that were selected through a juried process from more than 1400 entries representing Utah public lands and reflecting the spirit of the Wilderness Act of 1964.

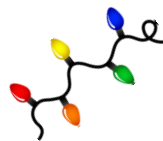


**Thursday, Nov. 20 - 9:30**  
**Leonardo—Body Worlds**

The Center bus will travel to the **Leonardo** on **Thursday, November 20 at 9:30**. Lunch will be on your own at the Salt Bistro located in the Leonardo. Sign up now and the cost is **\$17**.

***Body Worlds & The Cycle of Life*** is the latest exhibition from physician and pioneering anatomist Dr. Gunther von Hagens. As we age, we experience the body in different ways. At each stage of life, we seek new answers. This exhibit celebrates the wonders of the body in childhood, adulthood and across the arc of aging. More than 200 plastinates—real human specimens preserved through Dr. von Hagens' invention, the remarkable process of Plastination—reveal the human body in all its stages and conditions, from health to distress to disease. Marvel at the life processes captured and leave with a new appreciation of the power we have to keep our bodies healthy throughout our lifespan.

**Thursday, Dec. 4 &  
Tuesday, Dec. 16, 4:00**



It is time to start marking your calendar for the Center's Christmas Season by visiting

Spanish Fork's **Festival of Lights**. Because this is such a popular trip, two trips have been planned. One on **Thursday, December 4** and the other on **Tuesday, December 16**. Pick the date that is best for you and sign up beginning **November 17**. The bus will depart the Center at **4:00 pm** and travel to Provo for dinner at the Chuck-A-Rama. After dinner, you will be treated to a drive through beautiful Canyon View Park at the mouth of Spanish Fork Canyon where we will view thousands of colored lights and dozens of illuminated structures—several of which are animated. Return to the Center at approx. 8:00

**Remember!**

You can only sign up yourself and one other guest for any of the Heritage Center trips (including Wendover). Trips are limited to participants 55+ unless the trip is not full one week before departure. If the trip is not full, adult children may be invited to accompany you on the trip.

**Please arrive at least 15 minutes before departure time.**



## Wednesday December 10 - 9:00 Tooele Breakfast

Once again our Center bus will be headed to the Tooele Senior Center for the "2nd Best Breakfast in Utah." The bus will depart the Center at **9:00 on Wednesday, December 10** and return about noon. Cost is **\$5** for transportation and the breakfast. Sign ups begin November 12 for this always delicious trip.

## Thursday, January 15 - 8:30 Wendover

Travel to Wendover on **Thursday, January 15**, and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately 7:00 pm. You may sign up for this trip now.

## Volunteer Drivers needed

The Center received money from Murray City to purchase a new bus. The new 14 passenger mini bus will not require a driver to have a CDL license. We'll be looking for volunteers to drive our trips and pickup service to and from the Center sometime next year when we have the new vehicle. A defensive driving class, bus orientation, and medical physical will be required. If you are interested in joining this elite group of volunteers, see Susan.



OPEN LATE THURSDAY...OPEN LATE THURSDAY...OPEN LATE THURSDAY...OPEN LATE THURSDAY...OPEN

## Thursday Evening: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until 10:00 pm on Thursday evenings. Enjoy the computer lab, billiard room, exercise room, or dance to the music of Tony Summerhays. Scheduled programs listed below:

### Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night from 7:00-10:00 pm**. Cost of this activity is \$4 per person. Refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. In September and October our sponsors

were Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, and Tony Summerhays.

### Remote Control Aircraft Club

The Ute Radio Control Association will meet at the Center on **November 13 and December 11 at 7:00 pm** to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in remote control flight of aircraft of any type, pilots of any skill level, please stop by. The club meets on the second Thursday of every month.

### Jam Session



The Center sponsors a music "Jam" session for interested musicians on the **second Thursday** from **3:30-5:00**. Bring your instrument on **Thursday, Nov. 13** and **Dec. 11** and be ready to Jam!



# November 2014

## Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a \*special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option. Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>NO LUNCH</b>	<b>4</b> <b>CHEDDAR BEER SOUP</b> Green Salad Rye Bread Snickerdoodle Cookie	<b>5</b> <b>PARMESAN CHICKEN WITH BACON</b> Roasted Potatoes, Veggies Birthday Cake & Ice Cream	<b>6</b> <b>GENERAL TSO'S MEATBALLS</b> Brown Rice, Veggies Apple Dumpling	<b>7</b> <b>PULLED PORK TACOS</b> Cilantro Salad Frog Eye Salad
<b>10</b> <b>*VETERAN'S BRUNCH</b> <b>Free / \$5</b> Quiche, Biscuits & Gravy, Eggs Bene- dict, Hash Browns, Fresh Fruit, Bread Pudding, Milk, Juice, Coffee	<b>11</b> <b>CLOSED FOR</b>  <b>VETERANS DAY</b>	<b>12</b> <b>PORK MILENESE</b> Parmesan Potatoes, Caesar Salad Lemon Jello Poke Cake	<b>13</b> <b>BEEF &amp; BARLEY SOUP</b> ½ Sandwich, Fruit Cool Whip Cookie	<b>14</b> <b>BAKED CHICKEN TENDERS</b> Southwest Mac'n Cheese Veggie Apple Fritter Cake
<b>17</b> <b>NO LUNCH</b>	<b>18</b> <b>PORK CHILE VERDE</b> Quesadilla Wedge Green Salad Pecan Pie Bar	<b>19</b> <b>*THANKSGIVING \$6</b> Turkey, Stuffing, Yams, Green Beans, Mashed Potatoes & Gravy, Roll & Butter, Pie, Cranberry Cocktail	<b>20</b> <b>CHICKEN &amp; ASPARAGUS PASTA</b> Caprese Salad Amish Raisin Cookie	<b>21</b> <b>CHICKEN FRIED STEAK</b> Mashed Potatoes, Gravy, Veggies Pineapple Upside Down Cake
<b>24</b> <b>NO LUNCH</b>	<b>25</b> <b>CHICKEN ENCHILADAS</b> Salsa Ranch Salad Churro	<b>26</b> <b>BEEF STROGANOFF</b> Rice, Veggies Banana Toffee Cookie	<b>27</b> <b>28</b> <b>CLOSED</b> 	

# December 2014


## Heritage Center Menu

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Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option. Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>NO LUNCH</b>	<b>2</b> <b>CORN CHOWDER</b> ½ Sandwich Fruit Pavlova	<b>3</b> <b>BAKED CHICKEN PESTO</b> Roasted Potatoes Veggies Birthday Cake & Ice Cream	<b>4</b> <b>MEATLOAF</b> Mashed Potatoes and Gravy Peas Pineapple Cake	<b>5</b> <b>*HOLIDAY BANQUET</b> <b>\$7</b> - Prime Rib or Chicken, Potato Gratin, Veggies, Tortellini Salad, Spinach Salad, Roll & Butter, Chocolate Cake, Cheesecake, Punch
<b>8</b>  <b>NO LUNCH</b>	<b>9</b> <b>BREADED PORK CHOP</b> Potato Casserole Green Beans Mint Chocolate Chip Cookie	<b>10</b> <b>STUFFED PEPPERS</b> Green Salad Peach Cobbler	<b>11</b> <b>GREEK CHICKEN WITH YOGURT SAUCE</b> Lemon Rice Greek Salad Rice Pudding	<b>12</b> <b>LEMON DILL SALMON</b> Baked Potato Broccoli Blueberry Cobbler Cookie
<b>15</b>  <b>NO LUNCH</b>	<b>16</b> <b>CHICKEN IN BASIL CREAM SAUCE</b> Penne Pasta Roasted Veggies Twix Cheesecake Pie	<b>17</b> <b>TORTILLA SOUP</b> Quesadilla Wedge Salad Tres Leches Cake	<b>18</b> <b>FISH TACOS</b> Street Corn Salad Oreo Cake	<b>19</b> <b>POT ROAST</b> Mashed Potatoes and Gravy Veggies Chocolate Mousse
<b>22</b>  <b>NO LUNCH</b>	<b>23</b> <b>CHICKEN NOODLE SOUP</b> ½ Sandwich Fruit Brownie Cookie	<b>24</b> <b>HONEY MUSTARD CHICKEN</b> Rice Pilaf Brussels Sprouts Apple Toffee Blondie	<b>25</b> <b>CLOSED</b> 	
<b>29</b>  <b>NO LUNCH</b>	<b>30</b> <b>SWEDISH MEATBALLS</b> Rice Veggies Pistachio Cake	<b>31</b> <b>*NEW YEAR'S EVE BRUNCH \$6</b> - Croissant Croque Monsieur (warm Ham & Cheese), Berry Spinach Salad, Chorizo Potato Hash, Caramel Pecan Cinnamon Rolls, Coffee, Sangria		